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VOL. 4 NO. 10

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Is It True That Baby Rattlesnakes Are More Dangerous Than Adults?

Rattlesnake Rumor

Q: Is it true that baby rattlesnakes are more dangerous than adults?

A: No, that is one of the many myths about rattlesnakes, says California Department of Fish and Wildlife (CDFW) Amphibian

and Reptile Conservation Coordinator Laura Patterson. The larger the rattlesnake, the more venom it will deliver when it strikes. Rattlesnakes are shy by nature and will only bite as a last resort when they perceive a serious threat to their lives. Typically, a rattlesnake's first defensive strategy will be to move away from a perceived threat. If cornered or their escape route is cut off, they will seek cover if available. If the threat continues, they usually coil up and rattle as a warning, although some individual rattlesnakes don't rattle. If the threat continues, they may strike. However, an estimated 25 to 50 percent of bites from rattlesnakes are dry, meaning they choose not to envenomate. It takes the average rattlesnake three weeks to replenish expended venom. Because their venom is intended for immobilizing prey, envenomating a threat they will not eat means they cannot eat for several days to weeks. This is why rattlesnakes do everything they can to avoid unnecessarily using their venom.

Rattlesnakes can occur almost everywhere in California except alpine areas above tree lines on tall mountains. They can also swim. In most areas, peak rat-



CDFW

tlesnake activity occurs during spring and summer shortly after they emerge from winter dens. California is home to nearly 50 native snake species, including seven species of rattlesnake. One rattlesnake species, the red diamond rattlesnake, is a species of special concern.

Visit CDFW's rattlesnake page for tips on rattlesnake safety.

Bobcat Bites

Q: What do bobcats eat?

A: Bobcats are mostly carnivorous. Their diet consists of a variety of animals, such as rabbits, rodents, wood rats, porcupines, raccoons, deer fawns, birds, amphibians, reptiles and insects. Bobcats will stalk or ambush their prey from the ground, trees, logs or rocks. They sometimes consume plant materials such as grass. Bobcats can also opportunistically hunt pets or small livestock such as chickens if those animals are not kept in a secure enclosure, especially at night.

Bobcats can be found in diverse habitats throughout most of California. Suitable habitat includes chaparral veg-

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California Outdoors Q&A

← CONTINUED FROM PREVIOUS PAGE

etation, brushy stages of low and mid-elevation conifer, oak, pinyon-juniper woodlands and forests, and riparian and desert environments. Bobcats prefer areas with dense brush cover and will use cavities in rocks, snags logs, and stumps for cover and denning. They are generally most active at night and during twilight hours, though it is not unusual to see them during daytime.

For more information visit CDFW's bobcat page.

Atlas Availability

Q: Is the Second Edition of the Atlas of the Biodiversity of California available for purchase?

A: No, but it is available digitally, free of charge, by visiting Atlas of the Biodiversity of California. Printed cop-

ies will be available in public and academic libraries in the coming months. They are not available for purchase, however. Making the Atlas available primarily in digital format is better for the environment by helping to conserve precious resources and reducing printing costs.

The newly updated second edition of the Atlas of the Biodiversity of California covers topics ranging from California's remarkable geography to how scientists measure biodiversity, and includes articles by conservation experts, more than 100 nature photographs, full-color maps and illustrations by artist Dugald Stermer. We hope it's a tremendously enjoyable resource for anyone interested in the complexity and uniqueness of our state's treasured habitats! ♦

If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

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Easy #17

		5	7	8	4	1		
	3	1	6		2	7	9	
	2	9				6	4	
5								8
	8	3				2	5	
	4	8	1		6	9	2	
		6	5	4	9	8		

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Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to:

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

For addtl info & application please call 707-822-7206

or visit our website at www.ncsheadstart.org

Grow Easy-Care Mandevillas for Season-Long Color

by Melinda Myers

BOLD COLOR, TROPICAL beauty and easy-care mandevillas make excellent additions to patios, decks and gardens. Train them onto a trellis, allow them to cascade from a hanging basket, or combine them with other plants. Enjoy summer-long blossoms and the butterflies, hummingbirds and other pollinators that stop by for a visit.

Once divided into two different groups, dipladenias and mandevillas, the botanists now consider them all mandevillas. You will find both names still in use, with dipladenias referring to those with a more mounded, shrub-like habit and mandevillas being more of a trailing vine. Whatever you call them you are sure to find one or more that complement your garden and container designs.

Mandevillas are grown as annuals in all but zones 10a to 11b where some varieties are hardy. They flower best in full sun but will tolerate some shade. These South American native plants thrive in the hot humid weather of summer. Wait for spring temperatures to remain in the 60s before planting them outdoors.

Select a potting mix or location with organically rich, well-drained soil. Use a slow-release fertilizer at the start of the season and make a second application, if needed mid-season. Read and follow the label directions when using fast-release



Sun Parasol® mandevillas brighten up this patio.
photo courtesy of Suntory Flowers

liquid fertilizers.

Mandevillas are usually flowering when you purchase them at the garden center. They will continue to bloom on new growth throughout the summer and fall until frost kills the plant.

The well-behaved vining mandevilla will not strangle nearby plants. Just give it a trellis or obelisk for the vines to wrap around and climb. Their slightly woody stems provide greater stability than other vines that regularly need to be secured to the support. Just tuck any new tendrils through the trellis, pointing them in the desired direction as needed.

Use vining varieties in a container of their own or as a vertical accent on a trellis in mixed containers or flowerbeds. Set pots by an entrance to your home or garden for a colorful welcome or use them to dress up a bare wall or fence.

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Northcoast Children's Services

Do you love being with children?

Do you enjoy supporting children learn and grow?

Are you looking for a meaningful profession?

Do you want a job that has evenings and weekends off?

Northcoast Children's Services may be what you're looking for!

Northcoast Children's Services provides early education and family support services to children and families from pregnancy to age 5.

We offer home visiting services, infant toddler and preschool centers in a variety of locations in Humboldt and Del Norte counties.

We have a variety of full and part time positions working with children and families. We offer paid vacation, sick leave and holidays to all employees and an additional health insurance/cash benefit/dependent care option to full time employees. All employees may also obtain assistance with education and child development permits.

We are currently looking for people to join our team as housekeepers, cooks, teachers, assistant teachers, center directors and home visitors.

Full-time staff (30 hrs. per week or more) are eligible to participate in a Flexible Benefit Plan after 2 months of full-time employment.

Please visit our website or Facebook page for more information on how to join our growing team! <https://ncsheadstart.org/employment-opportunities/>

 Would you like to apply your skills in an established organization helping local children and families? Our exciting workplace has full- and part-time time openings. We offer excellent benefits for full-time positions and provide additional compensation for qualified bilingual candidates (English/Spanish)

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Please go to www.changingtidesfs.org for complete job descriptions and application requirements. Positions open until filled. Submit complete application packets to Nanda Prato at Changing Tides Family Services, 2259 Myrtle Ave., Eureka, CA 95501 or via email to nprato@changingtidesfs.org.

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Please go to www.changingtidesfs.org for complete job descriptions and application requirements. Positions open until filled. Submit complete application packets to Nanda Prato at Changing Tides Family Services, 2259 Myrtle Ave., Eureka, CA 95501 or via email to nprato@changingtidesfs.org.

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Easy-Care Mandevillas

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The more compact shrubby types can be planted with other annual flowers in the garden, grown in hanging baskets, or used as a filler in mixed container gardens. Just prune off or tuck any wayward branches behind neighboring plants.

Disease-resistant Sun Parasol® mandevillas offer an array of colors including white, yellow, apricot, pink, crimson, and even red and white striped flowers. The original shrubby Sun Parasol® mandevillas are available in the widest range of colors while the garden group makes excellent hanging baskets. Grow the vigorous climbing Giant group varieties for the largest flowers and the Pretty group when looking for a vine with the most flowers, dense vigorous growth and more cold tolerance.


Include them on your patio, deck or balcony, and situate a few outside your windows. You will enjoy the flowers and winged visitors whether inside looking out or relaxing in your outdoor spaces.




Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*.

She hosts *The Great Courses* "How to Grow Anything" DVD and instant video series and the nationally-syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Suntory Flowers for her expertise to write this article. Myers' website is www.MelindaMyers.com.

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Weight Loss Tips From a Woman Who Lost 50 Pounds

(STATEPOINT) Life is full of memorable events — both big and small. But sometimes, when you don't feel your best, those moments can seem like a blur. With her upcoming wedding approaching, Audrey B. was determined to enjoy this special time in her life, but there was one thing standing in her way — her own self-confidence.

"I no longer felt comfortable in my own skin," says Audrey. "I knew I needed to focus on my health and wellness goals so that I could feel my best in time for my wedding."

And that's just what she did. By the time her big day rolled around, Audrey had lost 50 pounds. "I can honestly say I'm happier and healthier than ever before. And now I actually enjoy eating healthy and staying active," explains Audrey, who found success using Nutrisystem.

If you have an upcoming event in your life or you're simply looking to commit to a healthier lifestyle, these simple tips, which helped Audrey on her weight loss journey, may help you too.

Use Portion Control. Did you know that over the last few decades, portion sizes in restaurants and at dinner tables have grown? That means oftentimes you're eating more than you need to, which can hinder your weight loss efforts. With Nutrisystem, meals are perfectly portioned and set you up for success so that you're not overindulging.



StatePoint.net

Add Veggies to Every Meal. The key to losing weight and keeping it off is to replace high-calorie, low-fiber foods with low-calorie, high-fiber foods like vegetables. High-fiber foods can help you feel full faster so it's important to add them to every meal. Vegetables are great for snacking too. For example, try grabbing a bowl of carrots or slices of bell pepper instead of potato chips.

Drink More Water. Water has so many benefits, from increasing energy and relieving fatigue to boosting your immune system and of course, promoting weight loss. Water can help you feel full and potentially eat less. In fact, sometimes a glass of water is enough to curb what you thought was hunger. If you have a hard time reaching your water intake goal, you can use an app, like Nutrisystem's NuMi, to send you reminders and track what you consume.

Get Moving. A key part of living a healthier lifestyle is making sure you move more. One of the most simple and

effective exercises that can be done anywhere is jumping rope. It's not only a solid cardiovascular workout, it's great for challenging your coordination and stamina. No matter what exercise you choose, moving your body for 30 minutes per day can have great benefits. You can even break that 30 minutes into three 10-minute sessions to make it less daunting.

If you have a transformation story like Audrey, visit story.nutrisystem.com to share your journey with Nutrisystem for a chance to win a share of \$50,000. For more great tips and other success stories, visit leaf.nutrisystem.com.

There is no better time than now to focus on your health and wellness goals and boost your overall confidence. For Audrey, she admits to feeling more self-assured than ever before as a result of prioritizing her health, "I now have confidence that I didn't even know was possible." ♦

How to Get the Most Out of Your Retirement

(FAMILY FEATURES) Retiring from the workforce provides opportunities you may have been unable to take advantage of during your working years, including discovering new passions and devoting more time to the people you love.

Even though your income might be lower than when you were working full-time, being free of financial burdens like credit card debt or a mortgage may provide extra disposable income that allows you to explore hobbies, develop new skills or focus on spending time living life to the fullest.

In fact, if you're over the age of 62, own a home and have equity in it, you can extend your retirement runway by borrowing against that equity. A home equity conversion mortgage, like those available from Guaranteed Rate, a leader in mortgage lending and digital financial services with more than 850 branches across the United States, can flip the roles of lender and borrower. Homeowners can remain on their property and generate income, provided they own at least 60 percent of their home's equity and it is FHA eligible.

"These mortgages fit a very specialized segment of the marketplace, but for those seeking financial flexibility, they can be a game-changer," said Jim Hettinger, executive vice president of operations, Guaranteed Rate. "Equity build-up over time is one of the most



Photos courtesy of Getty Images

compelling reasons to purchase a home. These loans give long-time homeowners a way to enjoy the benefits of that equity in their retirement years – all while retaining ownership and continuing to live in the house they call home."

While this type of loan shares many similarities with home equity loans,

the requirements generally allow for more flexible terms for homeowners, who remain responsible for property taxes, home insurance and home maintenance. Over time, the loan balance increases with the understanding the mortgage will one day be paid off, usu-

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Your Retirement

← CONTINUED FROM PREVIOUS PAGE

ally by selling the home, providing the homeowner more flexibility and comfort during retirement. Meanwhile, homeowners receive money from their homes in the form of a lump sum payment or line of credit without making monthly mortgage payments.

Consider these ways to take advantage of a home equity conversion mort-

gage and get the most out of your retirement.

Travel

With minimal limitations on vacation time in retirement, it's possible to get out and explore both domestically and internationally. With the flexibility to take extended leave, retirees can even enjoy trips dedicated to a specific hobby or pastime, such as golfing, shopping,

biking, attending sporting events, appreciating the arts and more. You could also consider purchasing a boat or motorhome to take your exploration to the next level.

Pick Up a New Hobby

With more time now available, it's possible to expand on hobbies you enjoyed while working or pick up an entirely new pursuit altogether. The possibilities are nearly endless, but some options to consider include gardening, dancing, reading, baking, hiking, collecting antiques, restoring furniture, golfing, bird watching, sculpting or wine or beer making, among others.

Learn a New Skill

Devoting time to pick up a new skill can help keep your mind and body sharp. Whether through formal classes or watching videos online to learn, speaking a new language, playing a musical instrument or cooking a new cuisine are popular options for enhancing your skills later in life.


To find more ideas to live better in retirement, or access the free education guide, visit rate.com.

Benefits of a Home Equity Conversion Mortgage (HECM)

HECMs can provide peace of mind during retirement if you're worried about making ends meet. Using the equity you've already put into your home opens up new sources of income while letting you stay in your own home. Consider these additional benefits:

- Offers flexibility in drawing and repaying borrowed funds
- No pressure to make a payment, even if interest rates increase
- Untouched funds in your line of credit grow tax-free over time
- Any remaining equity at maturity can be released to borrower or heirs
- The line of credit stays the same, even if the home's market value drops
- Money spent on conventional mortgage payments can go to other needs






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Fuel Up for Summer Fun

Dietitian-approved, family-friendly recipes

(FAMILY FEATURES) Summer sun brings an abundance of outdoor activities from jumping in the pool and playing in the yard to simply lounging in the shade. Making the most of those warm weather moments with loved ones means maximizing your time and fueling up for adventure with easy, kid-friendly recipes the whole family can enjoy.

From favorite snacks to homemade lunches, flavorful dishes that are quick to make using nutritious fruits and veggies can help keep your family ready for whatever summer brings. Dietitian-approved recipes like Peanut Butter and Jelly Sweetpotato Taquitos and Easy

Homemade Salsa offer better-for-you summer solutions with healthy ingredients like sweet potatoes, blueberries, raspberries, sweet onions, Roma tomatoes and more.

Ready in less than 30 minutes, these taquitos let you enjoy the convenient benefits of cooking with an air fryer, including:

- Healthier cooking: Requiring little to no oil, air frying is a healthier alternative to deep frying.
- Timesaving: Air fryers can cook



FamilyFeatures.net

foods faster than traditional methods and typically with less cleanup.

- Versatility: From vegetables and meats to desserts or reheating leftovers, air fryers can cook a variety of foods.

CONTINUED ON NEXT PAGE →

Lemonade Day!



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Fuel Up

← CONTINUED FROM PREVIOUS PAGE

“Get into the kitchen together as a family and get cooking,” said Julie Lopez, registered dietitian and culinary nutrition chef. “Cooking together can help kids build self-confidence and lay down the foundation for healthy eating habits.”

While shopping for your family’s preferred ingredients, remember to look for the Produce for Kids and Healthy Family Project logos next to favorite items in the produce department, as adding these flavorful fruits and veggies to your cart can help make a difference in your community.

Visit HealthyFamilyProject.com to find more summer recipe inspiration.

Peanut Butter and Jelly Sweetpotato Taquitos

Recipe courtesy of Tracy Shaw on behalf of Healthy Family Project

Prep time: 5 minutes

Cook time: 20 minutes

Servings: 8

1 cup sweetpotatoes, peeled and diced
small nonstick olive oil spray
1/2 cup peanut butter, preferred nut butter or nut-free butter
8 small, low-carb flour tortillas
1 cup blueberries, washed and dried
1 cup raspberries, washed and dried

Preheat air fryer to 400 F.

Add diced sweetpotatoes to air fryer basket and lightly spray with olive oil spray. Cook sweetpotatoes 10 minutes, shaking basket 1-2 times to toss sweetpotatoes.

Transfer cooked sweetpotatoes to medium bowl; add peanut butter and mix well.

Lay tortillas on counter and place 1-2 tablespoons sweetpotato mixture on each tortilla.

Add blueberries and raspberries next to sweetpotato mixture.

Roll each tortilla tightly. Place rolled

tortillas, seam sides down, in air fryer.

Spray tortillas lightly with olive oil spray.

Cook in air fryer 6-7 minutes.

Easy Homemade Salsa

Recipe courtesy of Healthy Family Project

Cook time: 10 minutes

Servings: 6

1/2 small RealSweet sweet onion, halved
5 mini sweet peppers, seeded and quartered

3 Roma tomatoes, quartered

1 1/2 limes, juice only

1/4 cup fresh cilantro

1 1/2 teaspoons garlic salt, or to taste
tortilla chips

In food processor, blend onion, peppers, tomatoes, lime juice, cilantro and garlic salt until desired consistency is reached. Serve with tortilla chips. ♦

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Top Tips to Win a College Scholarship

(STATEPOINT) More than half of American families used scholarships to pay for college last year. From merit-based to artistic-focused, there are a variety of awards available.

High school senior Grace Vaughn of Trinity, Florida, knows how to successfully secure a college scholarship. After winning the \$10,000 dress grand prize in Duck brand's Stuck at Prom Scholarship Contest in 2022, Vaughn is sharing helpful tips to increase students' odds of earning funds for college:

Research, research, research

Search databases and websites to discover award options that may be new to you. Scholarships.com, FastWeb and Bold.org are resources to help narrow down opportunities that match your interests and unique talents. Vaughn also encourages students to leverage social media, where she discovered the Stuck at Prom contest, which challenges teens to create Duck Tape prom creations for a chance to win cash scholarships.

In addition to researching national opportunities, check in with your school counselor and teachers to learn about any local or regional scholarships that are offered through the school or other nearby organizations.

Apply early and often

Federal Student Aid recommends searching for scholarships during the summer between your junior and senior year, but some awards are open to teens as young as 14. Vaughn says entering Stuck at Prom early on in high

school gave her an edge on the competition. When she wasn't selected as a finalist her sophomore year, Vaughn submitted for the contest again as a junior and went on to win the \$10,000 dress grand prize.

"When I began working on my entry in 2022, I already knew how to construct the dress from Duck Tape, so I went into the process with confidence," Vaughn explains.

If you have the time and energy, she suggests applying for multiple awards to increase your chances of securing funds for school.

Leverage your creative side

Not all programs are focused on academics and athletics, so flex your creative side to win scholarships that will reward artistic abilities in drawing, painting, music and more. Beginning at an early age, Vaughn excelled at visual arts and design, which is how she knew Stuck at Prom was a perfect fit for her.

"Creative awards programs are a good outlet for students to show off their talents outside of typical school-work," Vaughn says. "Even if you aren't crafty, scholarship applications could be a chance for you to try something new."



Grace Vaughn leveraged her creativity to win a \$10,000 college scholarship. StatePoint.net

Make scholarships a priority

Vaughn spent 143 hours crafting her prom dress made from Duck Tape to enter Stuck at Prom.

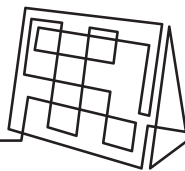
While not all scholarship program submissions will take 143 hours or require making Duck Tape attire, Vaughn says it's important to block off areas on your calendar so you can balance busy school schedules and extracurricular activities along with applications—ensuring there's enough time to work on a polished entry, whether it's creating a piece of art or writing an essay.

While applying for scholarships is time consuming, it can make a huge impact when it comes to paying for college.

Vaughn notes, "It takes commitment and drive to apply for scholarships, but the results are worth it." ♦

Calendar

May 18 - June 1, 2023



Virtual World

ARTS & CULTURE

LOBA Poetry Series - Open Mic. Last Thursday of every month. Virtual World, Online. A live open mic poetry reading on Zoom on the last Thursday of each month. Teens and adults share poems in any form or style, or just listen. Email registration required. Free. carrm@mendocinocounty.org.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at forms.gle/bAsjdQ7hKGqEgJKj7.

LIFESTYLE & COMMUNITY

350 Humboldt. Fourth Thursday of every month, 6 p.m. Virtual World, Online. The local grassroots climate action group holds its general meeting on Zoom. Link online. actionnetwork.org/events/350-humboldt-general-meeting.

English Express: An English Language Class for Adults. Tuesdays. Virtual World, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. english-espressempowered.com. (707) 443-5021.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Virtual World, Online. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. foodforpeople.org/volunteering. (707) 445-3166, ext. 310.

Del Norte County

ARTS & CULTURE

Comedy @ Elk Valley. Sat., May 20, 8 p.m. Elk Valley Casino, 2500 Howland Hill Rd., Crescent City. Headliner Tom Rhodes.

Featuring Casey Moran \$10.

The '60s - Summer of Love. Sat., May 27, 8 p.m. Elk Valley Casino, 2500 Howland Hill Rd., Crescent City. All the memorable music from the '60s for you in one great show. \$20.

LIFESTYLE & COMMUNITY

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Trinity County

LIFESTYLE & COMMUNITY

Trinity Heritage Days. Sat., May 20, 12-4 p.m. Historic Downtown Weaverville, Weaverville. An day-long celebration of traditional art forms. Food, live music, demonstrations, art and more. Free. www.facebook.com/events/highland-art-center/trinity-heritage-days/4585708208200842/.

NIGHTLIFE

Open Mic Night. Thursdays, 4-7 p.m. Trinity County Brewing Co., 301 Main St. (State Route 299), Weaverville. Food, music, beer and friends.

Humboldt County

ARTS & CULTURE

'No Strings Attached' Trivia. Tuesdays, 6 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Enjoy trivia games hosted by local comedians and compete for prizes. Trivia is followed by a feature comedy show at 9 p.m. Free. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

An Evening With Whitney Cummings. Fri., May 26, 6 & 9 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Stand up comedy. Two shows. Tickets online. \$55-\$75. bluelakecasino.com.

Anna Hamilton. Fri., May 26, 5-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. Original lounge, torch, Brazilian-inspired pop and wry '30s Swing. family@gyppo.com. gyppo.com/calendar-of-events. (707) 986-7700.

Baywater Blues Fusion Dance. Tuesdays, 7-9:15 p.m. The Inn at 2nd & C, 139 Second St.,

Eureka. A half hour lesson followed by social dancing. \$5-15 sliding scale donation (no one turned away due to lack of funds). baywaterbluesfusion@gmail.com. facebook.com/profile.php?id=100089815497848.

Blu Axis. Fri., May 19, 5-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. Blues/rock power trio that plays original songs and covers by by artists from Jimi Hendrix to Willie Dixon. family@gyppo.com. gyppo.com/calendar-of-events. (707) 986-7700.

Buddy Reed and His Fabulous Rip it Ups. Fri., May 26, 8 p.m.-midnight. Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Blues and roots rock. lostmindranch@gmail.com. buddyreedblues.com.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. [\\$15.talavera.rocio@gmail.com](mailto:$15.talavera.rocio@gmail.com).

Drink & Draw. Thursdays, 6 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Self-guided art space and place hosted by Jessica Grant. Bring your own supplies or use ours. Snacks, drinks, friendly atmosphere. All ages w/caution for language. Ages 21 and up. Free. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Farm to Table: Late Night Comedy. Saturdays, 11 p.m.-1:30 a.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Baseball Robby curates this small batch artisanal stand-up comedy showcase. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Figure Drawing at Synopsis. Thursdays, 7-9 p.m. Synopsis Collective, 1675 Union St., Eureka. With a live model. Bring your own art supplies. Call to contact Clint. \$5. synopsisperformance.com. (707) 362-9392.

Figure Drawing. Wednesdays, 6-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. \$5. blondiesfoodanddrink.com.

Fort Humboldt Historic Tour. Saturdays, 1 p.m. Fort Humboldt State Historic Park, 3431 Fort Ave., Eureka. Join interpreter William on an hour-long walking tour of the park. Meet at the flag pole next to the parking lot. Free.

Friday Night Jazz. Fridays, 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Live local jazz with the Opera Alley Cats. Free. elvisatemydonuts@hotmail.com. (707) 444-2244.

Grown Up Movie Night at HBSC. Tuesdays, 6-8 p.m. Humboldt Bay Social Club, 900 New Navy Base Road, Samoa. Drinks and snacks

available while you watch classics and get cozy in the Lobby Bar. Movie titles are listed online. Free. humboldt.baysocialclub.com/our-events. (707) 502-8544.

Grown Up Movie Night. Sundays, 6-8 p.m. Scotia Lodge, 100 Main St. Finish off the weekend with classics in the lounge. Food and drinks available at the lodge's Main & Mill restaurant. Movies are PG/PG-13 and titles are listed online. Free. scotia-lodge.com/hosted-events. (707) 298-7139.

Hip Hop Thursdays. Thursdays, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. Chuck Angeles, Starcata and Pressure. Free. thejamarcata.com. (707) 822-5266.

Home Improv-ment. Fridays, 7 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Hosted by Stephanie Knowles with no pressure, just fun and a chance to try something out of your comfort zone. Free, donations accepted. savagehenrycomedy.com. (707) 845-8864.

Huckleberry Flint. Fri., May 19, 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. A local band with a penchant for old time and bluegrass and an indie folk rock sound plays its collective mix of originals, reinvented gospel, and traditional and contemporary tunes. \$28.

J Stalin w/San Quinn. Fri., May 19, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. J-Stalin w/ Special Guest San Quinn Live Hip Hop Legendary Event \$20. thejamarcata.com. (707) 822-5266.

Jenny Don't and the Spurs with Barn Fire. Wed., May 31, 9 p.m. The Shanty, 213 Third St., Eureka. Portland road warrior cowpunks Jenny Don't and the Spurs play classic country with local North County honky tonkers Barn Fire. \$5. (707) 444-2053.

Jerry Martien and Friends. Sun., May 21. Arcata Playhouse, 1251 Ninth St. Poet Jerry Martien re-unites with musicians Fred Neighbor, Gary Davidson, Mike LaBolle and Mike Emerson for an evening of poetry and music. \$18. info@arcataplayhouse.org. playhousearts.org/events/jerry-martien-and-friends/. (707) 822-1575.

Kinky Boots. Thu., June 1, 8-10 p.m. Ferndale Repertory Theatre, 447 Main St. A drag queen comes to the rescue of a shoe factory and its owner. Based on the 2005 film and inspired by a true story. \$20. info@ferndalerep.org. app.arts-people.com/index.php?actions=10&p=462. (707) 786-5483.

Lavender Fields. Fri., May 26, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. Lavender Fields,

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Calendar

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trance live, psychedelic, guest DJs. \$10. thejamarcata.com. (707) 822-5266.

Live Music at Fieldbrook Winery. Sundays, 1:30-4 p.m. and Saturdays, 1:30-4 p.m. Fieldbrook Winery, 4241 Fieldbrook Road. Outdoor weekend music series. Saturdays will feature electric bands. Sundays will offer more acoustic or semi-acoustic folk and American groups or quieter jazz combos. Free admission. fieldbrookwinery.com.

Live Music. Fridays, 6-8:30 p.m. Fieldbrook Market & Eatery, 4636 Fieldbrook Road. Every Friday, local bands play folk, bluegrass, Americana. Always family friendly. Check Facebook or Instagram for the lineup. Free. fieldbrookmarket@gmail.com. (707) 633-6097.

Magnificent Sanctuary Band. Sat., May 27, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. Grateful Dead covers, Magnificent Sanctuary, tie-dye vendors and live art. \$10. thejamarcata.com. (707) 822-5266.

McKinleyville Community Choir Rehearsal. Thursdays, 6:30-8:30 p.m. Arcata Presbyterian Church, 670 11th St. Join if you like to sing or play an instrument. Reading music or prior

experience not necessary. Rehearsals are every Thursday evening. ccgreene46@gmail.com. (831) 419-3247.

No Exit. Fri., May 19, 8 p.m., Sat., May 20, 8 p.m. and Sun., May 21, 2 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. Three strangers are trapped in one mysterious room. As conflicts and confessions ensue, events begin to swiftly unravel. Note: Sunday, May 21 is a 'Masked Matinee' for immunocompromised individuals. Masks are required for this one performance. \$20, \$18 students and seniors. ncrt.net.

Open Mikey. Wednesdays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. The longest running comedy open-mic in the county. Sign up at 9 p.m. for a five-minute set. Show at 9:30 p.m. Snacks, drinks, zero hate speech tolerated. All-ages w/caution for language. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Opera Alley Cats. Tuesdays, Fridays, 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Professional-level jazz twice a week with cool vibes and great people. Free. thespeakeasybar@yahoo.com. facebook.com/speakeasy-

eureka. (707) 444-2244.

Perfect Blue (1997). Sun., May 28, 5-8 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie 6 p.m. Rated R. All ages. \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/1354505018725757. (707) 613-3030.

Peter Pan Ballet. Fri., May 19, 7-9 p.m., Sat., May 20, 2-4 p.m. and Sun., May 21, 2-4 p.m. Arkley Center for the Performing Arts, 412 G St., Eureka. North Coast Dance presents and original adaptation of Peter Pan featuring the North Coast Dance Company & students. \$20. reception.ncd@gmail.com. (707) 442-7779.

Please Don't Leave. Fridays, 11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Scott Hoyle runs this improv-based comedy show with a rotating panel of the best local comedians and touring comics. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Ray Bevatori & Michael Curran. Sat., May 27, 5-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. From Hank to Hendrix they'll serenade you through happy-to-lonesome songs. Inspired by the music of the 1960s, their acoustic melodies create a salty North Coast vibe. family@gyppo.com. gyppo.com/calendar-of-events. (707) 986-7700.

Recycled Youth Presents: Dune's Soma Adventure: A Voyage into the Mind. Fri., May 19, 7 p.m., Sat., May 20, 7 p.m. and Sun., May 21, 2 p.m. Redwood Playhouse, 286 Sprowel Creek Road, Garberville. \$15-\$20 suggested donation.

Reggae Last Thursdays w/Sarge One Wise. Last Thursday of every month, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. Sarge One Wise, The Wisdom Band and other guests. \$5, free for students. thejamarcata.com. (707) 822-5266.

Renaissance Church. Sun., May 28, 12:30-1:30 p.m. Body High Pole Dance, 445 I St, Arcata. Zumba/Cardio. Full body workout and stretch utilizing dancehall, hip hop, ballroom and twerk choreography to Beyonce's Renaissance album. Easy to follow steps, all levels encouraged to join. \$5 suggested donation. Admin@MoHDCreates.com. mohdcreates.com/dance-fitness. (707) 633-3137.

RLA with James Zeller: Trombone and Vocals. Fri., May 19, 7 p.m. Trinidad Town Hall, 409 Trinity St. Westhaven Center for the Arts presents singer and multi-instrumentalist Zeller, who has performed with jazz legends including Wynton Marsalis, Jimmy Heath,

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Sci-Fi Night: *The Last Starfighter* (1984). Wed., May 31, 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Raffle at 7:15 p.m. Main feature at 7:20 p.m. Rated PG. All ages (12 and under parental guidance recommended). A teen with exceptional video-game skills gets recruited for an intergalactic battle. \$ admission, \$9 admission and poster. info@arcatatheatre.com. facebook.com/events/5735011903271711. (707) 613-3030.

Secret Cinema Society. Wed., May 24, 6:30 & 8:30 p.m. and Wed., May 31, 6:30 & 8:30 p.m. Richards' Goat Tavern & Tea Room Miniplex, 401 I St., Arcata. Cult classics on a common theme each month. May is "Future Frights!" Food and drinks from the bar (but not from outside) allowed in the theatre. 8:30 p.m. screenings are 21 and up. Free with food/drink purchases at the bar. info@miniplexevents.com. fb.me/e/16K3CYt1P. (707) 630-5000.

Stand-up Comedy Workshop. Sundays, 7-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Led by local stand-up comic Jessica Grant. Bring a pen or pencil, and circle up to talk shop about jokes. Open to anyone interested in performing stand-up comedy. Drop-ins welcome. Free, donations accepted. JessicaGrantComedy@gmail.com. savagehenrycomedy.com. (707) 845-8864.

Sunday Jazz Jams. Sundays, 5:30-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Every Sunday. Jazz players, all ages, all levels. Bring your ax and play some Real Book tunes. Everybody who wants to plays. Free. blondiesfoodanddrink@gmail.com. blondiesfoodanddrink.com. (707) 822-3453.

Sunday Open Mic. Sundays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Sign-ups at 9 p.m., show at 9:30 p.m., local favorite features for the 10@10. Comics get five minutes. Zero hate speech tolerated. All-ages w/caution for language. Snacks, drinks. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

***The Land Before Time* (1988).** Sun., May 21, 5-7:15 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie at 6 p.m. Rated G. All ages. The story of Littlefoot, a young dinosaur who sets out on a perilous journey to find a new home after a devastating earthquake separates him from his family. \$8, \$12 admis-

sion and poster. info@arcatatheatre.com. facebook.com/events/176198598689704/. (707) 613-3030.

***The MetroManiacs*.** Thu., May 18, 8 p.m., Thu., May 25, 8 p.m., Fri., May 26, 8 p.m., Sat., May 27, 8 p.m. and Sun., May 28, 2 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. French farce at full force. May 14 is a masked matinee (masks required) for immunocompromised individuals. \$20, \$18 students and seniors; \$15, \$10 students on Thursdays. ncrt.net.

***This is Spinal Tap* (1984).** Fri., May 19, 7-9:30 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 7 p.m. Movie at 8 p.m. Rated R. All ages. The legendary mock-rockumentary from Rob Reiner following the misadventures of band Spinal Tap on a disastrous tour. \$8, \$12 admission and poster. info@arcatatheatre.com. facebook.com/events/1662239244217638/. (707) 613-3030.

Thursday Night Art. Thursdays, 4-7 p.m. The Sanctuary, 1301 J St., Arcata. Bring your own supplies or use what's around to collage, paint, draw, make an art book. Bring an instrument to jam in the Great Hall. Free, \$5-\$20 donation appreciated. sanctuaryarcata.org.

Trinidad Art Nights. Last Saturday of every month, 6-9 p.m. Trinidad, Downtown. Venues throughout town feature a variety of art and music; activities for children include arts and crafts, a skate park, games and face painting. Fire spinning July and Sept. TBA. Pop-up tastings at 5 p.m. trinidadarts.com. (707) 834-2479.

Washington Square Wednesdays.

Wednesdays, 6-9 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Bring your own board and play chess. Snacks, drinks, friendly atmosphere for all-ages. ID to drink. Free, donations accepted. savagehenrycomedy.com. (707) 845-8864.

Wicked Wednesday Comedy. Wednesdays, 8 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Peter Nelson hosts a hilarious stand-up open mic with different comedians. Free. sirensongsongtavern.com.

Word Humboldt Spoken Word Open Mic.

Tuesdays, 6-9 p.m. Northtown Coffee, 1603 G St., Arcata. Sign up list goes up at 6 p.m., and the open mic kicks off at 6:30 p.m. Two rounds of open mic poetry and a featured poet. Everyone is welcome, especially new performers. LGBTQ+ friendly. Free. instagram.com/wordhum.

Zach Waters Band. Sat., May 20, 8 p.m.-midnight. The Jam, 915 H St., Arcata. Sacramento

rock and roll, High energy. \$10. thejamarcata.com. (707) 822-5266.

LIFESTYLE & COMMUNITY

Adult Skate Night. Last Saturday of every month, 6:30-9:30 p.m. Fortuna Skating Rink, Rohner Park. 18 and older only. IDs checked at door. Alcohol and drug-free event. \$5.50, includes skate rental.

Annual Northcoast Men's Gathering. Fri., May 26, 5 p.m. Mattole Camp & Retreat Center, 36841 Mattole Road, Petrolia. The 31st annual non-denominational gathering for all men and boys. This year's theme is Awakened Doing. Several workshops. Group meals provided. Music and swimming. Sleep in the bunk houses, or bring your own tent. sliding scale. suggested donation \$125. Starman345@gmail.com. northcoastmensgathering.org. (707) 499-7097.

Arcata Marsh Birding Field Trip w/Jude Power. Sat., May 27, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring binoculars and meet trip leader Jude Power at the end of South I Street (Klopp Lake) for easy-to-walk trails and a diverse range of shorebirds, migratory songbirds, raptors and resident birds. Free. rras.org.

Arcata Plaza Farmers Market. Saturdays, 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Music and hot food vendors. No pets, but trained, ADA-certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/arcataplaza.html. (707) 441-9999.

Art and Nature at the Refuge. Third Sunday of every month, 1-4 p.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Art and nature exploration activities for all ages and abilities. Drop-in anytime between 1 and 4 p.m. Rain or shine. Themes change each month. Free. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Audubon Guided Field Trip w/Ralph Bucher.

Sun., May 21, 9-11 a.m. Eureka Waterfront, Foot of Del Norte Street. With leader Ralph Bucher. This relatively urban trail offers species abundance and diversity. This walk is on a flat, paved trail that is wheelchair accessible. Email to sign up. Free. thebook@reninet.com. rras.org.

Beat the Heat Bingo Bash. Sat., May 20, 6-8 p.m. Eureka Woman's Club, 1531 J St. A Humboldt Spay/Neuter Network fundrais-

CONTINUED ON NEXT PAGE →

2 GUYS & A TRUCK

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Calendar

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ing event. Beer, wine, snacks and concessions. Bingo caller. Music. prizes. 21 and up event. \$20 per card for all-night play. eurekaowomansclub.org.

Bicycle Celebration and Expo. Sat., May 20, 11 a.m.-2 p.m. Jefferson Community Center, 1000 B St., Eureka. Family-friendly day to celebrate all the benefits of bicycling. Los Giles food truck will be there, enjoy pedal-powered music by the Blueberry Hill Boogie Band and make a bike blender smoothie. Free. stephen.luther@hcaog.net. BikeMonthHumboldt.org. (707) 444-8208.

Bike to Work Day Eureka and Energizer Station. Thu., May 18, 7-9:30 a.m. North Coast Co-op, Eureka, 25 Fourth St. Swing by the North Coast Co-Op Eureka Energizer Station in the morning for free snacks, coffee and energy shots. De-stress with a chair massage from Loving Hands while Adventure's Edge gives your bike a free tune-up. Free. stephen.luther@hcaog.net. BikeMonthHumboldt.org. (707) 444-8208.

Block Party. Sat., May 20, 12-8 p.m. KMUD Studio, 1144 Redway Drive, Redway. Food, music, vendors, art, kids zone, dancing and more.

Community Stewardship Day. Fourth Sunday of every month, 10 a.m.-1 p.m. Seawood Cape Preserve, 2265 Patrick's Point Drive, Trinidad. Remove invasive plant species at Seawood Cape Preserve. Wear long sleeves, pants, hats and sturdy shoes, and bring water. Register online. Free. seawood-capepreserve@wildlandsconservancy.org. Seawood-Cape-Preserve-Community-Stewardship-Days.eventbrite.com. (707) 633-9132.

Family Fun Series: Circus From Home. Sat., May 20, 2 & 7 p.m. Arcata Playhouse, 1251 Ninth St. Leapin' Louie and JuggleMania use cowboy rope tricks, plate spinning, tall unicycle, and other silly skills to explore science and flight. arcataplayhouse.org.

Family Movie Day at HBSC. Sundays, 2-4 p.m. Humboldt Bay Social Club, 900 New Navy Base Road, Samoa. Bring the family out and get cozy and enjoy favorites rated G-PG. Drinks and snacks available at the Lobby Bar. Movie titles are on listed online. Free. humboldtbaysocialclub.com/our-events. (707) 502-8544.

Family Movie Night. Wednesdays, 5-7 p.m. Scotia Lodge, 100 Main St. Bring the family and enjoy classics in the lounge area. Food

and drinks available at Main & Mill. Movies are G-PG and the titles are listed online under events. Free. scotia-lodge.com/hosted-events. (707) 298-7139.

Ferndale Merchants Hospitality Nights.

Fridays, 5-8 p.m. City of Ferndale, Ferndale. More than 30 stores open late. Door prizes, refreshments, store specials, live music and artists in stores.

Ferndale Veterans Community Breakfast.

Fourth Sunday of every month, 8-11:30 a.m. Ferndale Veterans Memorial Building, 1100 Main St. Menu includes pancakes, biscuits and gravy, ham, sausage, eggs to order, coffee, juice and mimosas. \$10, \$5 children.

FOAM Marsh Tour w/Andy Feinstein.

Sat., May 20, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Andy Feinstein in the lobby of the Interpretive Center on South G Street for a 90-minute, rain-or-shine walk focusing on ecology, local history and Arcata's innovative wastewater treatment facility. Masks strongly recommended inside. Free. (707) 826-2359.

FOAM Marsh Tour w/Barbara Reisman.

Sat., May 27, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Barbara Reisman in the lobby of the Interpretive Center on South G Street for a 90-minute, rain-or-shine walk focusing on plants, history and/or ecology. Masks are strongly recommended inside. Free. (707) 826-2359.

Forest Restoration at Rohner Park. Third Saturday of every month, 9-11 a.m. Fortuna Firemen's Pavilion, 9 Park St. Remove invasive English ivy and French broom. Tools and gloves available but you are encouraged to bring your own. High winds or heavy rain cancels. Light snack provided. Free. unde1942@gmail.com. (707) 601-6753.

Garberville Farmers Market. Fridays, 11 a.m.-3 p.m. Garberville Town Square, Church Street. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Music and hot food vendors. No pets, but trained, ADA-certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/garberville.html. (707) 441-9999.

Goth Day Revisited. Sat., May 20, 1-9:30 p.m. The Old Steeple, 246 Berding St., Ferndale. Celebrate World Goth Day in the Victorian village of Ferndale with a creepy, cool collection of craft vendors, fun food and drinks, pop-up performers, adoptable cats from Companion Animal Foundation and histori-

cal cemetery tours during the day (1-6 p.m.). Live music from Hollins & Hollins Mortuary Entertainment (aka The Pine Box Boys) from 7-9 p.m. All ages. \$10 entry. theoutlawjamieb@gmail.com. facebook.com/events/s/goth-day-revisited/767596254721173/?mibextid=ZoUBBX.

Grassland Guided Birding Field Trip. Sun., May 28, 9-11 a.m. Arcata Bottoms V Street Loop, 3711-3001 Old Samoa Road. Join the Redwood Region Audubon Society and two Humboldt Wildlife graduate students for this grassland bird-centered walk. Meet at the small parking area on Old Samoa Road, west of Pacheco Road. Free. rras.org.

Henderson Center Farmers Market.

Thursdays, 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh fruits and vegetables, baked goods, jam, plants and more. Music and hot food vendors. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/hendersoncenter.html. (707) 441-9999.

Hounds of Humboldt Dog Party. Sat., May 20, 1-6 p.m. Hatchet House Arcata, 737 G St. Vendors and dogs, good drinks, food and music. houndsofhumboldt@gmail.com. houndsofhumboldt.com/events.

Humboldt Grange Breakfast. Fourth Saturday of every month, 8-11 a.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Eggs, sausage (link or patties), pancakes, biscuits and gravy, coffee, tea, cocoa, juice, family, friends and community. Dine in or take out. \$10, free for kids under 5. facebook.com/humboldt.grange.

Humboldt Health Care for All. Fourth Wednesday of every month, 5-6:30 p.m. The Sanctuary, 1301 J St., Arcata. The Humboldt chapters of Health Care for All and Physicians for a National Health Program return with in-person/Zoom meetings. Learn about how to bring universal, affordable, single-payer health care to California and the nation. healthcareforallhumboldt@gmail.com. sanctuaryarcata.org.

Humboldt Stamp Collectors' Club. Fourth Tuesday of every month, 6-8 p.m. Humboldt Senior Resource Center, 1910 California St., Eureka. New collectors and experts welcome. Learn about stamps, collecting and see local experts in stamps share their collections. Free. humstampclub@gmail.com.

Joe Oeschger Day. Sat., May 20, 10 a.m.-4 p.m.

The 2023 Wedding Guide is here now...

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weddings](http://humboldtinsider.com/weddings)**

THE NORTH COAST'S COMPLETE
Wedding Guide

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Calendar

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Ferndale Firemen's Park, 100 Berding St. Little League games, old-timers game, food and fun.

Kid's Night at the Museum. Fridays, 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

Kinetic Grand Championship. May 27-29. Countywide, Locations throughout Humboldt County, Humboldt. A three day, 50+ mile race over land, sand and water. Now in its 54th year. The event starts in Arcata at the Plaza on Saturday at noon and ends in Ferndale on Monday, with an overnight stop in Eureka. kineticgrandchampionship.com.

Low & Slow BBQ Block Party/5k. Sun., May 21, 12-8 p.m. Mad River Brewing Co. & Tap Room, 101 Taylor Way, Blue Lake. At noon, take part in a 5k along the Mad River with DJ music. At 1 p.m., finish the route at Low & Slow BBQ for live music, entertainment and food/drink specials back at the brewery. madrivernbrewing.com.

Miranda Farmers Market. Mondays, 2-6 p.m. Miranda Market, 6685 Avenue of the Giants. Fresh fruits and vegetables, plant starts, flowers and more. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/miranda.html. (707) 441-9999.

Nature Newbies, Art in Nature. Sat., May 20, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Slow down and tune into the wonders of nature. No previous art or outdoor experience is necessary. Open to ages 14 and up. Snacks and supplies provided. RSVP is required. Email info@friendsofthedunes.org or call (707) 444-1397. Free.

NRLT Trail Work with Humboldt Trails Council. Sun., May 21, 9 a.m.-noon. Freshwater Farms Reserve, 5851 Myrtle Ave., Eureka. Learn how to maintain a hiking trail and how to manage invasive plants with the Northcoast Regional Land Trust.

Ocean Ranch Unit of the Eel River Wildlife Area Field Trip. Mon., May 29, 8 a.m. Eel River Estuary Preserve, Not yet open to the public, Ferndale. Spend the morning with

the Redwood Region Audubon Society exploring the newly restored area and its birds like the red-necked phalarope, white-faced ibis and purple martin. Prepare for 2-3 miles of easy walking. Meet leader Ken Burton at the parking area off Table Bluff Road (40.691833, -124.273462). Email with your address to carpool. Free. shrikethree@gmail.com. rras.org.

Out 4 Business. Last Wednesday of every month, 4-6:30 p.m. Phatsy Kline's Parlor Lounge, 139 Second St., Eureka. An LGBTQ+ professionals networking mixer for LGBTQ+ community, friends, allies and business professionals who value diversity and inclusivity. Food and drinks. trex@historiceaglehouse.com. fb.me/e/2i5gvvdKT. (707) 407-0634.

Pancake Breakfast. Third Sunday of every month, 8-11 a.m. Mattole Grange, 36512 Mattole Road, Petrolia. All the scratch-made pancakes you can eat, organic eggs cooked to order, bacon or local sausage, coffee or milk, organic orange juice. \$10, \$5 for ages 7-12, free for ages 6 and under. evenson@igc.org. (707) 629-3421.

Pin-Ups on Tour: Operation Arcata. Sat., May 20, 7 p.m. Arcata Veterans Hall, 1425 J St. A WWII-style variety and burlesque show that tours the nation in support of our military heroes. Doors at 7 p.m. 21 and up. Get tickets online. \$25 at door, \$20 advance, free for Veterans and Active Duty Military. pinup-sontour.com/tour.

Redwood Coast Kite Festival and Artisan Fair. Sat., May 20 and Sun., May 21. Halverson Park, First Street on Eureka Waterfront, Eureka. Watch the array of kites. Bring your own kite to the Fun Fly Time held each day or learn how to DIY one at the kite building workshop.

Rutabaga Ball 2023. Sat., May 27, 8 p.m. Synopsis Union, 1675 Union St., Eureka. A pageant of kinetic proportions! Decide who will reign in glory over the Kinetic Grand Championship. Food, music, fun. \$15.

Sea Goat Farmstand. Saturdays, 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Fresh veggies grown on site, local eggs and sourdough bread. Work from local artists and artisans. flowerstone333@gmail.com. (530) 205-5882.

Second Humboldt Open Bounskée Classic Tournament. Sun., May 21, noon. Humboldt Brews, 856 10th St., Arcata. This is a free, all-ages event. Contests/activities for the kids. Check out the eventbrite page for the sched-

ule, more details and to register to compete. \$25 to compete in the tournament (adults only). bounskée@gmail.com. www.eventbrite.com/e/2nd-humboldt-open-bounskée-classic-tournament-tickets-624147862057. 707-601-9492.

Shelter Cove Farmers Market. Tuesdays, 11 a.m.-3 p.m. Mario's Marina Bar, 533 Machi Road, Shelter Cove. Fresh fruits and vegetables, meat, flowers and more. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/sheltercove.html. (707) 441-9999.

Slap Wars. Sat., May 20, 6 p.m. Bear River Recreation Center, 265 Keisner Road, Loleta. Opponents take turns slapping each other. The winner is the last one standing. Tickets online. \$29-\$250.

Southern Humboldt Guided Field Trip. Sat., May 27, 8:30 a.m. Southern Humboldt Community Park, 1144 Sprowel Creek Road, Garberville. This walk includes 2-3 miles of gentle walking through riparian, grassland and mixed hardwood forests with bird species varying by season. Meet at the Tooby Park parking lot. Free. rras.org.

Spring Guided Walk at Gould Grove. Mon., May 22, 10:30-11:30 a.m. Humboldt Redwoods State Park Visitor's Center, 17119 Avenue of the Giants, Weott. Learn about the park's cultural and natural history while being in it. Walk is 0.6 miles on a flat ADA trail. Meet in front of the Humboldt Redwoods State Park Visitor Center. Free. humboldtredwoods.org.

Trinidad Artisans Market. Sundays, 11 a.m.-3 p.m. Trinidad, Downtown. Art, crafts, live music and barbecue. Next to Murphy's Market.

Wigi Wetlands Volunteer Restoration. Fourth Saturday of every month, 9-11 a.m. Bayshore Mall, 3300 Broadway, Eureka. Help create bird-friendly native habitats and restore a section of the bay trail by removing invasive plants and trash. Meet in the parking lot directly behind Walmart. Tools, gloves and packaged snacks provided. Please bring your own drinking water. Free. jeremy.cashen@yahoo.com. rras.org. (214) 605-7368.

Willow Creek Farmers Market. Thursdays, 4-7 p.m. Veteran's Park, 100 Kimtu Road, Willow Creek. Fresh fruits and vegetables, fish, artisans and more. Music and hot food vendors. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org.

org. northcoastgrowersassociation.org/wil-lowcreek.html. (707) 441-9999.

NIGHTLIFE

Bingo Night. Fourth Tuesday of every month, 6-9 p.m. Redwood Curtain Brewing Co. Myrtle Ave. Tasting Room, 1595 B Myrtle Ave., Eureka. Beer-ingo! Free. (707) 269-7143.

Humboldt Bounskee League. Mondays, 6-8 p.m. Humboldt Brews, 856 10th St., Arcata. Weekly league nights. Purchase of any wood bounskee from Humbrews or the website includes one-month family membership for future events. All ages. Free. bounskee@gmail.com. bounskee.fun. (707) 601-9492.

Karaoke w/Dustin. Mondays, 9 p.m.-1 a.m. The Jam, 915 H St., Arcata. Karaoke night. Free. thejamarcata.com. (707) 822-5266.

Karaoke. Tuesdays, 8 p.m. Firewater Lounge, Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Pick a song and sing.

Nostalgia Nights. Fri., May 26, 9 p.m.-1:45 a.m. Arcata Theatre Lounge, 1036 G St. With DJ Pressure, DJ D'vinity, DJ Statik and dancers Queen Sequoyah, Efrain, Bella Rose and Rachel Noel. All the nostalgic feels mixed, flipped and reversed. Hip-hop, RnB, neo-soul, club classics and remixes. \$10. arcata-theatre.com.

Reel Genius Trivia at Old Growth. Third Friday of every month, 6-8 p.m. Old Growth Cellars, 1945 Hilfiker Lane, Eureka. General trivia, fun for everyone. Prizes for winners. Max seven people per team. Food truck on site. Free. partners@reelgeniustrivia.com. oldgrowthcellars.com. (707) 601-1606.

Reel Genius Trivia Fourth Friday at Papa & Barkley. Fourth Friday of every month, 6-8 p.m. Papa & Barkley Social, 4325 Broadway, Eureka. General trivia. Ages 21 and up w/ ID. Free to play. Win prizes. Max seven per team. Free. partners@reelgeniustrivia.com. (707) 601-1606.

Reel Genius Trivia Wednesdays. Wednesdays, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. General trivia; fun for everyone. Free to play, win prizes. Max seven players per team. partners@reelgeniustrivia.com. fb.me/e/2ewBnU7oH. (707) 601-1606.

Throw 'Em Back Thursdays. Third and First Thursday of every month, 9 p.m. Wave Lounge, Blue Lake Casino, 777 Casino Way. DJ Statik spinning throwback, hip hop and R&B. Free. bluelakecasino.com/entertainment/wave.

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2023

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THUNDERCLOUD
THE TRIPLE TONES
SEPTEMBER RAIN

GRAND PRIZE \$5,000



SCAN FOR TICKETS & MORE INFORMATION

HIGHLIGHTED SPONSORS



Calendar

← CONTINUED FROM PREVIOUS PAGE

Thursday-Friday-Saturday Canteen.

Saturdays, 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. See the newly remodeled Memorial Building and enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

Trivia Night at the Historic Scotia Lodge.

Third Thursday of every month, 6-8 p.m. Scotia Lodge, 100 Main St. Hosted by Reel Genius Trivia. All ages, prizes for winners. Free. scotia-lodge.com/hosted-events. (707) 298-7139.

Mendocino County

LIFESTYLE & COMMUNITY

Fort Bragg Farmers Market. Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

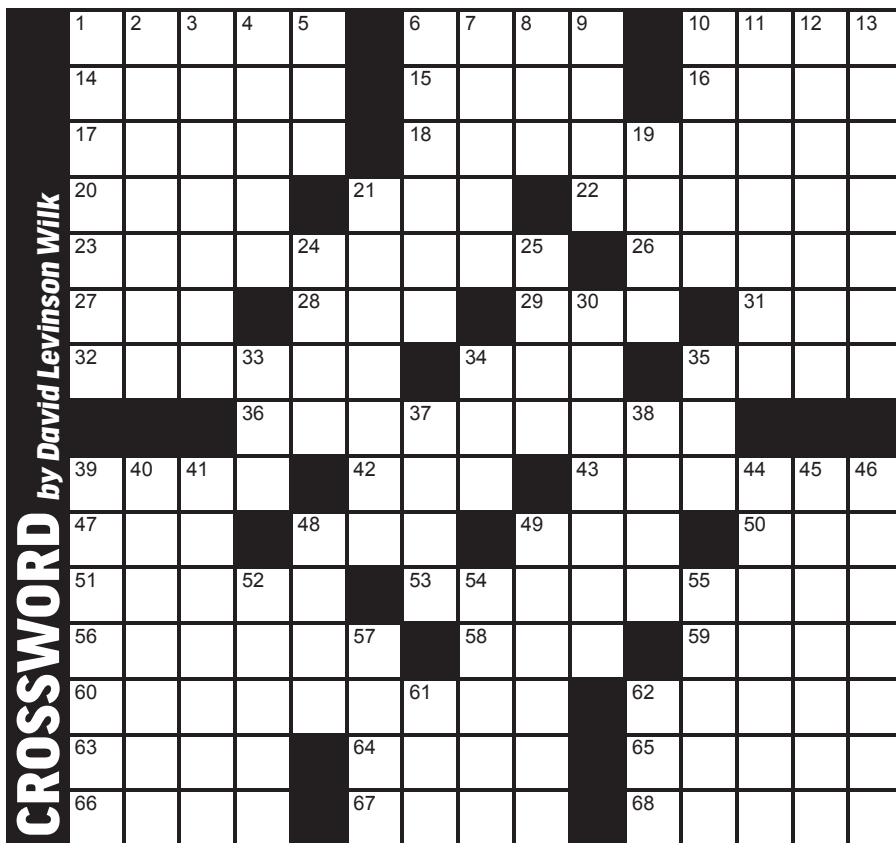
Historic Walking Tours of Mendocino.

Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Rhododendron Walks. Saturdays, 1-2 p.m. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. More than 1,000 rhododendrons blooming. Learn more about the gardens' collection, including 124 species of rhododendrons and 315 taxa, many developed by the region's growers. Free with regular gardens admission, free for members. gardenbythesea.org.

Thursday Garden Tours. Thursdays, 1-3 p.m. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. These weekly one-hour introductory tours of the Mendocino Coast Botanical Gardens focus on the gardens' many plant collections. Free with regular gardens admission, free for members. gardenbythesea.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.



DUCK AMUCK — Answers in the next edition

ACROSS

1. "How low can you go?" dance
6. Crispy sandwiches
10. 1936 Oscar winner who played the title role in "The Story of Louis Pasteur"
14. University where Jimmy Carter became a distinguished professor in 1982
15. Suffix with concession
16. Hip to
17. When to celebrate National Poetry Month
18. Something to play at a casino
20. Spanish waterways
21. Singer whose video for "Chandelier" has over one billion views on YouTube
22. Shout at a rodeo
23. Self-exam requiring a handheld mirror and a glass of water that endocrinologists recommend for early detection of thyroid problems
26. Cara of "Fame"
27. One way to get meds, for short
28. Suffered from
29. Suffix with super
31. Jewish rights org. founded in 1913
32. Author Dostoyevsky
34. Bobby who was Sports Illustrated's 1970 "Sportsman of the Year"
35. Fan mail recipient
36. Surprise punt in the NFL
39. Dot-___ (online businesses)
42. Rapper with the #1 album "Hip Hop Is Dead"
43. Bad stroke on the golf course
47. Band with the 1999 hit "Summer Girls"
48. Dept. of justice heads
49. Chard or cab alternative
50. 1979 Yves Montand film "___ in Icarus"
51. 1997-2006 United Nations chief
53. Howard Stern, notably
56. Acting bullfish?
58. Chemistry suffix
59. Voting no
60. Classic 1953 short in which Daffy is tormented by an animator who is revealed to be Bugs in the end
62. Colloquialism
63. Man or Manhattan
64. The first U.S. tennis player to win \$100,000 in a year
65. Painter's supply
66. Ball-___ hammer
67. Pigeon-___
68. Playing costs

DOWN

1. Find out about
2. Charge brought against Socrates and Aristotle
3. Country that's home to Mohammed V International Airport
4. Like a cool fall morning
5. Olive of comics
6. Spoon-fed, say
7. Pastel color
8. ___-la-la
9. Cabinet position: Abbr.
10. Grown-up chica
11. In the near future

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12. "Sorry, ain't gonna happen!"
13. Old-time desk accessory
19. Dullea of "2001: A Space Odyssey"
21. It's caring, in a saying
24. China's ___ En-lai
25. He yells "KHAANNNN!" in "Star Trek II: The Wrath of Khan"
30. It's an opening
33. Places to get Blizzard Treats, for short
34. Permits
35. When doubled, a hit song of 1965 and 1989
37. Musical Mama
38. Bop
39. Seafood-based party food
40. Worthless
41. Accessory for Colonel Klink on "Hogan's Heroes"
44. Theodor Herzl, for one
45. Source of some intolerance
46. First wearers of parkas
48. "Breaking Bad" Emmy winner Gunn
49. Totally wiped out
52. Poet Conrad
54. "Wag the Dog" actress
55. Son of Will and brother of Willow
57. MBA hopeful's hurdle
61. Troop-entertaining grp.
62. Chicago-based supermarket chain

LAST EDITION'S ANSWERS TO BABY BUMPS

P	O	D		P	A	N	D	A	S		I	S	L	A
E	N	E		H	I	T	E	C	H		S	O	U	P
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I	C	B	M	S		J	E	L	L	Y	J	A	R	
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C	U	R	B		U	E	Y		Y	A	O			
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HOME COUNTRY

By Slim Randles



"I TOOK DUCKWORTH to the dog show up in the city last weekend," Dud said.

The other members of the Mule Barn truck stop's world dilemma think tank and philosophy counter just looked at him.

Doc put it gently. "Dud, was this so he could get some inspiration on looking good?"

Duckworth was a medium-sized dog that found Dud while Dud was walking and thinking about the novel he's writing. No one answered the ad he put in the Valley Weekly Miracle, so he was henceforth known as Duckworth, for some reason Dud seemed to want to keep to himself. To be honest, Duckworth looked like he fell out of the ugly tree and hit ev-

ery branch on the way down.

"No, I was going to enter him in the dog show," Dud said. "Took him right up to the registration table and tried to get him in a class. The lady there looked at ol' Duck and asked to see his papers."

Dud grinned. "I told her they were back home on the floor of the laundry room. She didn't think it was funny."

Now Duckworth had been introduced to the other dogs in the group at the sale barn, as is the custom, and Dud's pals had been hesitant to ask much about him. Duckworth looked like something put together by a committee with a sense of humor. Oh, he was a dog ... no doubt about that. But what kind of dog was he? It made for interesting coffee specula-

tion, that's for sure.

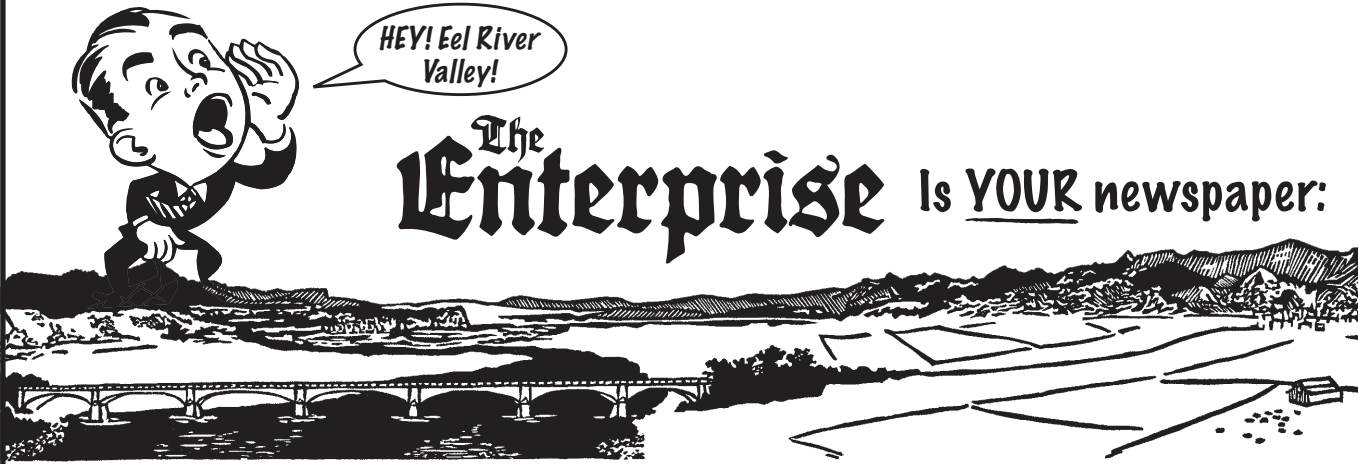
"You know," Dud said, "Anita was against me getting any kind of dog until Duckworth came along. When I explained to her that Duckworth was a bird dog ... a duck dog, actually, and that he'd help me bring more birds home, she finally gave in."

"He's a bird dog?" Steve said. "What kind?"

"Now that's what that dog show lady asked me, you know? I had to explain to her about canardly terriers, because she wasn't familiar with them." "Canar..."

"Canardly terriers, you betcha," Dud said, grinning, "why, I'll bet you canardly tell what kind of terrier he is!" ♦

For the best friend a human being is able to have, please consider adopting a dog or cat from your local shelter.



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